

NORTH AMERICA · BEACHES · DIVING · ISLANDS · FOOD · HIKING



Grenada

Grenada earns its Spice Isle nickname honestly: a nutmeg appears on the national flag, and cinnamon, cocoa and cloves grow in the rainforested interior. St George's wraps its pastel houses around one of the Caribbean's prettiest harbours, Grand Anse Beach runs for about two miles nearby, and the sister islands of Carriacou and Petite Martinique move at an even slower pace.

i Before you go, read the UK government's travel advice for Grenada and entry requirements (visas, passport validity). Last updated by FCDO 10 December 2025.

📍 CAPITAL St. George's	💰 CURRENCY East Caribbean dollar (XCD) £1 ≈ EC\$3.61	🗣️ LANGUAGE English, Grenadian Creole	📅 BEST TIME Jan–May
📅 DAILY BUDGET £65–£330 £££ Expensive	🔌 PLUGS Type G 230V · UK plugs fit	✈️ FLIGHT FROM LONDON 10h 50m via Barbados or St Lucia (same-plane tag stop) ~£550–£1,050 return	🕒 TIME ZONE UTC-4 standard time

Grenada is a volcanic island about 34 km long, with a mountainous, rain-soaked interior falling to beaches and bays in the drier south-west. Most visitors base themselves around Grand Anse or the coves of Lance aux Épines and True Blue, close to the airport and St George's. From there, day trips run up the west coast through Gouyave to the north, or over the mountains via Grand Etang to the cocoa and rum estates of the north-east. Carriacou, about two hours away by ferry, is worth two or three nights rather than a rushed day trip.

Grenada feels less polished than Barbados or Antigua, and that is much of its charm: Friday-night fish fries, rum shops, minibuses booming with soca and an island still built around farming. Accommodation is expensive, food more reasonable, and the island rarely feels crowded, though cruise-ship days fill St George's. It suits divers, walkers and couples more than party seekers. Grenada lies at the southern edge of the hurricane belt, yet Hurricane Beryl caused severe damage on Carriacou and Petite Martinique in 2024, so check what has reopened before booking there.

Top 5 highlights

- 1

BEACH
Grand Anse Beach
About two miles of fine white sand curving towards views of St George's, with calm water, beach bars and low-rise hotels set back behind the palms. Vendors are friendly but persistent; a polite 'no thanks' works.
- 2

CULTURE
Molinere Underwater Sculpture Park
Jason deCaires Taylor's ring of cast figures, Vicissitudes, and dozens of other sculptures lie in shallow water at Molinere Bay, slowly being colonised by coral. Snorkellers can see many from the surface; divers get closer on trips from Grand Anse.

3

NATURE

Grand Etang National Park

A crater lake at about 530 metres, surrounded by rainforest trails, with mona monkeys often seen near the visitor centre. Hike to the Seven Sisters waterfalls with a local guide, as paths can be muddy and unmarked.

4

FOOD

Gouyave Nutmeg Processing Station

Tour the cooperative's cavernous old station, where workers grade and sort nutmeg and mace by hand for export. Time your visit for a Friday afternoon and stay on in Gouyave for the evening fish fry.

5

BEACH

Carriacou

Grenada's sleepy sister island has Paradise Beach, the palm-dotted sandbar of Sandy Island offshore and a long tradition of wooden boatbuilding at Windward. Ferries from St George's take about two hours.

Biggest cities

LARGEST CITY

St. George's
≈ 39,000 people

The Carenage harbour, Fort George and Market Square make a fine half-day walk; the population figure includes the suburbs that stretch south towards Grand Anse.

2ND LARGEST CITY

Gouyave
≈ 3,400 people

A west-coast fishing town known for its nutmeg processing station and Fish Friday, a weekly street party of grilled seafood, music and rum.

3RD LARGEST CITY

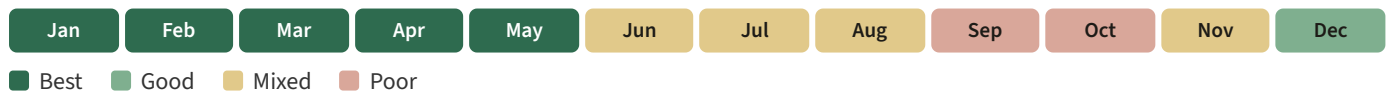
Grenville
≈ 2,500 people

The east coast's market town and transport hub; most visitors only pass through on the way to Belmont Estate, River Antoine and the beaches of the north-east.

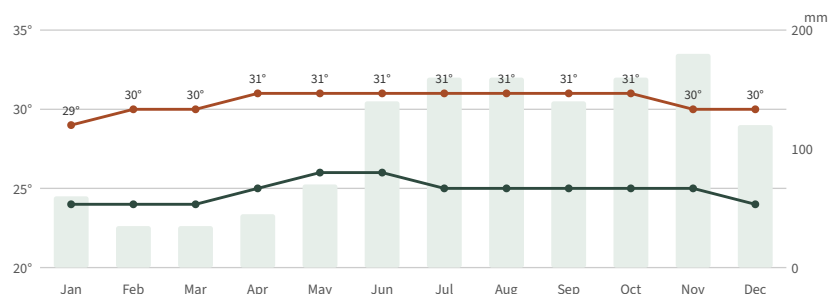
St George's is Grenada's only city; town figures for Gouyave and Grenville are approximate, and sources disagree on which is the larger.

When to go to Grenada

Best time: **Jan–May**.

**Average climate in St. George's**

— High °C — Low °C — Rain (mm)

**Festivals & events**

Apr

Carriacou Maroon and String Band Music Festival

Held in late April, it blends the island's Big Drum dances, string bands and food cooked in traditional maroon style with concerts by modern performers.

Jun	Fisherman's Birthday On 29 June, the feast of St Peter, Gouyave blesses its boats and nets, then celebrates with boat races, music and plenty of fish.
Aug	Spicemas Grenada's carnival peaks on the second Monday and Tuesday of August with J'ouvert, when jab jab revellers smeared in black oil and wearing horns take over the streets of St George's.

How much does Grenada cost?

SHOESTRING £65 per person / day ≈ EC\$235 hostels, street food, buses	MID-RANGE £150 per person / day ≈ EC\$541 3-star hotels, restaurants, some taxis	COMFORTABLE £330 per person / day ≈ EC\$1,191 4-star+, guided trips, private transfers
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Estimates per person per day, excluding flights. Prices vary by season and city.

Food to try

Oil down

The national dish: breadfruit, salted meat, callaloo leaves and dumplings simmered in coconut milk and turmeric until the liquid is absorbed, often cooked in one big pot outdoors.

Lambie

Conch, tenderised and then stewed or curried; a staple of beach shacks, rum shops and the Friday fish fries.

Nutmeg ice cream

Made with the island's own nutmeg, alongside nutmeg jelly and syrup — look for it at spice shops and on estate visits.

Getting around

Minibuses, numbered by route on the windscreen, run from the St George's bus terminal to every corner of the island; they are cheap, fast and loud, and thin out after dark and on Sundays. Water taxis link the Carenage with Grand Anse. Taxis charge set fares, so agree the price first. Car hire needs a local driving permit; drive on the left. Osprey Lines fast ferries link St George's with Carriacou and Petite Martinique.

Practical information

PLUGS & VOLTAGE



G

230V — UK plugs fit

DIALLING CODE

+1-473

TAP WATER

Varies — bottled or filtered is safer

EMERGENCY NUMBERS

Ambulance: **434** for St George's general hospital, **724** for Princess Alice hospital in Grenville, or **774** for Princess Royal hospital in Carriacou.

Fire: **911**

Police: **911**

Source: FCDO "Getting help"

TIME ZONE

UTC-4 (standard time)

DRIVING

On the left

TIPPING

Many restaurants and hotels add a 10% service charge; if not, leave about 10%. Tip tour guides and drivers for good service.

ETIQUETTE

Greet people before asking a question — a 'good morning' matters. Cover up away from the beach, and ask before photographing people, especially market vendors.

MAIN AIRPORTS

Maurice Bishop International Airport (GND), St. George's

Visas & entry for Grenada

Shown for a British passport.

No visa needed

You can visit Grenada without a visa.

On entry, you'll be allowed to stay for a maximum period of 3 months.

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations

See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Tetanus

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Dengue Rabies

YELLOW FEVER CERTIFICATE

A yellow fever certificate is only required if you arrive from (or transit through) a country with yellow fever risk — not if you fly direct from the UK.

MALARIA

No malaria risk

Source: TravelHealthPro (National Travel Health Network and Centre), checked 21 October 2026. This is a summary, not medical advice.

Public holidays in Grenada

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Sun 25 Oct 2026	Thanksgiving Day
Mon 26 Oct 2026	Thanksgiving Day (observed)
Fri 25 Dec 2026	Christmas Day
Sat 26 Dec 2026	Boxing Day
Fri 1 Jan 2027	New Year's Day

Sun 7 Feb 2027	Independence Day
Mon 8 Feb 2027	Independence Day (observed)
Fri 26 Mar 2027	Good Friday
Mon 29 Mar 2027	Easter Monday
Sat 1 May 2027	Labour Day
Mon 17 May 2027	Pentecost Monday
Thu 27 May 2027	Corpus Christi
Sun 1 Aug 2027	Emancipation Day
Mon 2 Aug 2027	Emancipation Day (observed)
Mon 9 Aug 2027	Carnival Monday
Tue 10 Aug 2027	Carnival Tuesday
Tue 19 Oct 2027	National Heroes' Day

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Know before you go

Hurricane season runs June to November; Grenada sits at the southern edge of the belt but has still been hit hard, by Ivan in 2004 and Beryl in 2024.

Buy spices, cocoa balls for making cocoa tea and nutmeg syrup at the St George's market or on estates rather than in cruise-terminal shops — they are fresher.

Belmont Estate shows how cocoa is grown and turned into chocolate; pair it with nearby River Antoine, which has made rum using a water wheel since the 1780s.

Visa, health and safety rules change. Before you book or travel, check the FCDO travel advice (gov.uk/foreign-travel-advice) and TravelHealthPro (travelhealthpro.org.uk). Costs are estimates. © 2026 Pick My Trip.